

# Tuning in to Hunger and Fullness: Learn to Listen to the Signals From our Body

Do you eat because you're bored or stressed? Are you tired of the on-again, off-again diet roller coaster? Bringing mindfulness to eating helps tune our bodies and minds in to understanding the signals of hunger and fullness. Through eMindful's convenient online session, you will learn how to have a healthy relationship with food and experience food in ways you may have never thought possible.

In Tuning in to Hunger and Fullness, you will begin to:

- Learn mindfulness strategies that are specifically related to common weight loss challenges
- Identify mental habits that interfere with your weight loss goals, including emotions that drive "snacking" behaviors
- Learn how and when to incorporate mindfulness practices into your day



## REGISTRATION INFORMATION

Join us for our free **Weight Balance for Life** online session. Registration is easy!

February Session: **Tuning in to Hunger and Fullness: Learn to Listen to the Signals From our Body**

Dates and Times – Choose One:

**February 11th at 1:00 pm Arizona time**

**February 19th at 1:00 pm Arizona time**

**ENROLLMENT IS LIMITED.** Sessions fill up quickly. Register now at: <https://adoa.emindful.com>. Use your Employee Identification Number (EIN) as your "Unique ID" when prompted.

Please contact Tech Support at **1-855-211-1536** or [techsupport@emindful.com](mailto:techsupport@emindful.com) with any questions.

Earn 50 points toward completion of the Health Impact Program for each completed eMindful session; up to 100 points per HIP year

## COMING IN MARCH

### Stress Less, Live More™

Less Stressful Living with a Mindfulness Attitude

**Save the March Session Dates:**

**March 9th 12:00 pm Arizona time**

**March 18th 1:00 pm Arizona time**

### Weight Balance for Life

Learning about Stress and Eating: How to Get out of the Stress & Eating Cycle

**Save the March Session Dates:**

**March 13th 11:00 am Arizona time**

**March 23rd 12:00 pm Arizona time**

